

Stumbling Toward Enlightenment **Geri Larkin**

Read the life story and spiritual teachings of Dipa Ma, a major figure in contemporary Buddhism. She was the teacher of such well-respected western Buddhists as Jack Kornfield, Sharon Salzberg, Joseph Goldstein, Alice Walker and Sylvia Boorstein, among others. An accomplished yogi, she was an inspired teacher and a devoted mother and grandmother. A woman who found great freedom through profound levels of insight and one who exemplified in her every action immense kindness, generosity, and mindfulness.

There's a fresh take on an old standby, the book of quotations. The difference with *Wisdom for the Soul* is in the selection and organization of the quotations. Each has been chosen for its universal application and poetic quality, grouped into one of 220 themes. While the usual subjects, are represented, the collection encompasses newer psychological territory such as Actualization, Avoidance/Denial, Chaos/Uncertainty, Polarity, Synergy, Unconscious, and more. Although the primary aim of the collection is self-help for the individual, with extensive cross-references to factors that foster or deter growth and well-being, the material will appeal to the quotation collector, speech-writer, and the general reader.

“An honest, compelling, surprising, and vastly reassuring book about the spiritual life of women . . . This landmark book is spiritual precisely because it is authentic.”—Joan Borysenko, Ph.D., author of *Minding the Body*, *Mending*

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the Mind With a foreword by Jean Shinoda Bolen, M.D.

For many contemporary women, the old patriarchal models of religion are no longer relevant, forming a need to look beyond the male-oriented past to a wider, more fulfilling spiritual horizon. In this fascinating and thought-provoking book, Sherry Anderson and Patricia Hopkins show how many women have redefined traditional beliefs and rediscovered their own unique spiritual heritage—*The Feminine Face of God*. Anderson and Hopkins guide you through the sacred garden of:

• Childhood—seedbed of life's sacred passage • Leaving home—finding your own inner authority •

Relationships—new perspectives on intimacy • Spiritual practice—the importance of guidance and discipline •

Sexuality—a wild card constantly cracking open the heart • And much more As women enter their sacred garden and learn the art of inner listening, they acquire the tools for living, loving, and praying authentically. In *The Feminine Face of God* there are seeds for growth: for creating and sustaining intimacy and love in a new way; for a new understanding of sexuality; for a new vision of family, a family of choice in a community of love.

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Celestial Arts
An inspiring collection of essays that reveal the healing power of yoga, *Survivors on the Yoga Mat* is an ideal companion for trauma survivors and yoga teachers alike. Weaving together stories from her classes, travels, and workshops, author Becky Thompson shows the brave and unique ways that survivors approach yoga: the creative ways that they practice, the challenges they face, and the transformative experiences they discover.

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Thompson skillfully draws connections between yoga and social-justice activism, demonstrating how a trauma-sensitive approach to yoga makes room for all of us—across race, class, gender, religion and nationality. *Survivors on the Yoga Mat* offers stories, reflections, and meditations for people who are healing from a wide range of traumas—sexual abuse, accidents, child abuse, war, illnesses, incarceration, and other injuries. The book consists of 90 true stories—alternately funny, surprising, and irreverent—that together provide a roadmap for survivors on their journey to wholeness. Organized into six sections, the book explores the challenges of beginning a yoga practice; the unique strengths of trauma survivors; the circuitous path of healing; yoga's value as a lifelong practice; the special role of teachers; and the potential of yoga as an avenue for activism. Also included is a description of Pantajali's Eight Limbs of Yoga, a list of resources, an appendix explaining the different styles of yoga, and a beautiful photo glossary with over 100 photos of the yoga postures mentioned in the book.

Twelve Years a Slave (1853) is a memoir and slave narrative by Solomon Northup, as told to and edited by David Wilson. Northup, a black man who was born free in New York, details his kidnapping in Washington, D.C. and subsequent sale into slavery. After having been kept in bondage for 12 years in Louisiana by various masters, Northup was able to write to friends and family in New York, who were in turn able to secure his release. Northup's account provides extensive details on the slave markets in Washington, D.C. and New Orleans and

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describes at length cotton and sugar cultivation on major plantations in Louisiana.

The body's built-in reward system, driven by the chemical dopamine, tells us to do more of the things that give us pleasure: Creative energy, falling in love, entrepreneurship, and even the continued propagation of the human race are driven by this system. Unfortunately, so is the urge to overeat. In *The Hunger Fix*, Dr. Pam Peeke uses the latest neuroscience to explain how unhealthy food and behavioral "fixes" have gotten us ensnared in a vicious cycle of overeating and addiction. She even shows that dopamine rushes in the body work exactly the same way with food as with cocaine. Luckily, we are all capable of rewiring, and the very same dopamine-driven system can be used to reward us for healthful, exciting, and fulfilling activities. *The Hunger Fix* lays out a science-based, three-stage plan to break the addiction to false fixes and replace them with healthier actions. Fitness guides, meal plans, and recipes are constructed to bolster the growth of new neurons and stimulate the body's reward system. Gradually, healthy fixes like meditating, going for a run, laughing, and learning a new language will replace the junk food, couch time, and other bad habits that leave us unhappy and overweight. Packed with practical tips, useful advice, and plenty of wit, wisdom, and inspiring stories of those who have successfully transformed their bodies, *The Hunger Fix* is a life-changing program for anyone (of any size) trapped by food obsession and the urge to overeat. The renowned spiritual leader outlines an accessible approach to the pursuit of enlightenment that draws on

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traditional Buddhist meditative practices, in a step-by-step guide that includes coverage of such topics as embracing a positive attitude and overcoming suffering. 150,000 first printing.

This sequel to "Stumbling Toward Enlightenment" leads directly to the cave of our hearts--into the peace and joy that is our natural birthright.

How Love Wins will show you: the undeniable power to transform your life to be happier and more fulfilling than you thought possible. why such a wide range of scholarly fields, from experimental psychology to evolutionary biology, have verified the effectiveness of this approach to greatly impact your happiness. how you can effect real change in your life and the lives of those around you.

British culture today is the product of a shifting combination of tradition and experimentation, national identity and regional and ethnic diversity. These distinctive tensions are expressed in a range of cultural arenas, such as art, sport, journalism, fashion, education, and race. This Companion addresses these and other major aspects of British culture, and offers a sophisticated understanding of what it means to study and think about the diverse cultural landscapes of contemporary Britain. Each contributor looks at the language through which culture is formed and expressed, the political and institutional trends that shape culture, and at the role of culture in daily life. This interesting and informative account of modern British culture embraces controversy and debate, and never loses sight of the fact that Britain and Britishness must always be understood in relation to the increasingly international context of globalisation.

Become a calmer and happier mother with Buddhism for Mothers. 'This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever

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Gerri Larkin

had a mother. ' Vicki Mackenzie, author of the bestselling *Why Buddhism Parenthood* can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. *Buddhism for Mothers* explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering *Buddhism for Mothers* can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.

YOU CAN BE GROWING BOLDER while becoming the best version of yourself. LET'S FACE IT, the paths we take in our lives can be daunting, enclosed by our own unknowing, and at times oddly impersonal, even though it is us that decide a great deal of our courses. Though, *On the Journey of Just Being* it doesn't have to be this way, as we conspire to be co-creators of our greatest destiny, extending out our purposes from within. YOU MUST ELEVATE YOUR MINDSET, and as you embark on your engendered journey of just being, do you further gift to yourself the growing capabilities of: ? Building confidence in yourself through discipline and self-exploration

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? Trusting yourself enough to live without fear ? Simplifying life while increasing your being's livelihood ? Believing in yourself more powerfully and with less effort, and, ? Further affirming that being enough, is enough! BECOMING CONSCIOUS of who you are, and who you grow to be is essential to finding yourself again, discovering your purpose, and consequently, fulfilling your destiny. SO, GO AHEAD, instead of feeling trapped or plateaued give yourself permission to just be, to discover and rediscover your most authentic and highest forms of self as you graciously trek On the Journey of Just Being: Finding Yourself on the Greatest Paths of Purpose.

Provides a close-up look at the scandals that rocked the San Francisco Zen Center, a leader in alternative religious practice and the counterculture in America, and their repercussions. 75,000 first printing.

Gardens have often been used as metaphors for spiritual nurturing and growth. Zen rock gardens, monastery rose gardens, even your grandmother's vegetable garden all have been described as places of refuge and reflection. Drawing on her experience working at Seattle's premier gardening center, Zen teacher Geri Larkin shows how the act of gardening can help you uncover your inner creativity, enthusiasm, vigilance, and joy. As your garden grows, so will your spirit. Larkin takes you through the steps of planning, planting, nurturing, and maintaining a garden while offering funny stories and inspiring lessons on what plants can teach us about our lives. As soothing as a bowl of homemade vegetable soup, Plant Seed, Pull Weed will entertain, charm, and inspire you to get your hands dirty and dig deep to cultivate your inner self.

Love Dharma offers compassionate guidance and advice, looking at contemporary relationship dilemmas from a Buddhist perspective as expressed in traditional stories of

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enlightened Buddhist women who lived and loved during the Buddha's lifetime. We all experience the ups and downs of relationships—the fun of dating, the pain of breaking up, the demands of serious partnerships, and the ache of loneliness. But we often forget that they affect not only our love lives, but our spirits as well. With *Love Dharma* you will discover how to use your romantic triumphs and tragedies to achieve personal peace and happiness, develop more satisfying connections with others, and share yourself without losing yourself. Author Geri Larkin teaches that the difficult and joyous moments of our love lives are truly opportunities to continue our spiritual journey

Working with imaginative journeys and the mystery and magic of metaphor, the author has developed the art of therapeutic storytelling for children's challenging behaviour.

Do you turn away from your own physical and emotional pain? Do you withhold empathy or give yourself away when witnessing another's pain? Do you lash out or withdraw when you feel that someone has harmed you? Is it possible to learn to respond to rather than react against what feels unbearable? Drawing on her experience as a Buddhist practitioner and teacher, Christina Feldman asserts that it is possible, but only if we turn, time and again, toward compassion, which she describes as the "innate, natural condition of our hearts." She says, "You do not need to be a saint to find the grace and transformative power of compassion; you need only to be willing to pay attention to pain and its

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cause and to commit yourself to its end." She offers techniques for developing the capacity to hold adversity, loss, and pain—with love. Her guided meditations will teach you to cultivate and sustain compassion for the blameless, for those who cause suffering, for those whom you love, and for yourself. *Zen Training* is a comprehensive handbook for zazen, seated meditation practice, and an authoritative presentation of the Zen path. The book marked a turning point in Zen literature in its critical reevaluation of the enlightenment experience, which the author believes has often been emphasized at the expense of other important aspects of Zen training. In addition, *Zen Training* goes beyond the first flashes of enlightenment to explore how one lives as well as trains in Zen. The author also draws many significant parallels between Zen and Western philosophy and psychology, comparing traditional Zen concepts with the theories of being and cognition of such thinkers as Heidegger and Husserl. "My life was the result of my crazy childhood." With these words began an extraordinary correspondence, between Roy Tester, a double-murderer serving a life sentence in the notorious Arkansas prison, Tucker Maximum Security Prison, and Doug Carnine, a meditation teacher and lay Buddhist minister on the other side of the country. In the letters that followed -- more than 700 over seven years -- these two men, along with three other

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prisoners at Tucker Max, developed a profound spiritual partnership that changed all of their lives. *Saint Badass: Personal Transcendence in Tucker Max Hell* tells the inspiring story of these unlikely friends in their own words, and follows their journey as they rediscover their humanity in one of the most inhuman places on Earth. *Buddhist Synopsis: Saint Badass: Personal Transcendence in Tucker Max Hell* is a memoir about bringing heaven down to hell. Drawing on an exchange of letters, Doug Carnine tells the story of his partnership with three murderers and an alleged rapist, about Buddhism and its practices of mindfulness and kindness, and how by adopting these practices, the prisoners transformed their lives. All four prisoners were housed in Tucker, Arkansas, at the notorious maximum-security prison featured in the Robert Redford movie *Brubaker*. In their letters, to Carnine, and sometimes to one another, the prisoners describe their unrelentingly abusive childhoods, their lives of violence and crime, their eventual submission to prison life, and their growing commitments to meditation and kindness. A suspenseful and moving drama unfolds as these prisoners join in partnership and experience glimpses of internal freedom. Each prisoner faces new crises in prison, including disabling illness, a brain tumor, a prison gang attack, family betrayal, medical abuse and harsh punishments for mild offenses. Yet through mindfulness and the blessings

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of kindness, each prisoner in his own way overcomes his crisis. The destructive forces of prison and the horror of the men's upbringings provide a dramatic contrast to their incongruously continuous acts of kindness and growing concern for the well-being of others. The journey chronicled in this book calls into question stereotypes about marginalized members of society and inspires hope for change. This story is about transformation -- that of the prisoners, and of the author, as he shares personal difficulties and learns from the courage and commitment of his prison friends. View the book trailer here: https://youtu.be/TDUK_xepme4

The powerful combination of the perennial wisdom of Tao and Osho's insightful and inspirational interpretation makes this a true gem of a book - which will appeal not only to Osho's numerous followers, but also to the increasing number of people who are interested in the wisdom of Tao. Although previously little known, this is one of Osho's classics. He brings his unique perception to the world of Tao, and offers his penetrating and illuminating comments on these original sutras. As always, his inspirational anecdotes and stories illustrate the points he makes - about the spiritual search, love, acceptance and true peace and happiness. With wonderfully irreverent humour, Osho sets out to pierce our disguises, shatter our illusions, cure our addictions and demonstrate the

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self-limiting and often tragic folly of taking ourselves too seriously.

Chock full of moving and enlightening stories, *The Chocolate Cake Sutra* will help you let go of perfectionism and celebrate the sacred nature of the life you already have.

This isn't your grandmother's book on meditation. It's about integrating that "spiritual practice" thing into a life that includes beer, sex, and a boss who doesn't understand you. It's about making a difference in yourself and making a difference in your world—whether you've got everything figured out yet or not. Lodro Rinzler is a bright and funny young teacher with a knack for showing how the Buddhist teachings can have a positive impact on every little nook and cranny of your life—whether you're interested in being a Buddhist or not.

A tasty tea for the soul, Andrea Jacques' book steeps readers in Eastern concepts infused with her Western perspective and charm. Blending equal parts wit and wisdom, it is the perfect companion for sipping on enlightenment and immersing in inspiration a life well-lived.

Do you find yourself ruminating about things you can't control? Worrying about those yet-to-complete goals and projects? What about just feeling like you're not the person you want to be? People who worry and ruminate find it difficult to stop anxiously anticipating future events and regretting or rethinking past actions. Left unchecked,

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this tendency can lead to mental health problems such as depression and generalized anxiety disorder. *The Mindful Path Through Worry and Rumination* offers powerful mindfulness strategies derived from Buddhist spiritual practices and proven psychological techniques to help you stop overthinking what you can't control—the future and the past—and learn how to find contentment in the present moment.

Introduces sixty-three meditation techniques, from Buddhist and Sufi practices to the author's own Dynamic Meditation and Mystic Rose Meditation

The author of *"Stumbling Toward Enlightenment"* puts a new spin on the principles of entrepreneurship, showing how to use Buddhism to build a business of integrity.

"A collection of Buddhist wisdom from a Western beginner's perspective"--Provided by publisher.

Explains what Zen is and how it came to America, how to practice Zen and incorporate it into daily living, and the Zen approach to the world.

This story of two girls trying to banish a witch is "full of wonderful fun, excitement, and humor" (*Library Journal*).

Old Witch likes nothing better than to fly around on her broomstick, crying "Heh-heh!" and casting abracadabras. But now she has been sent away . . . by two young girls. Amy and Clarissa have decided that Old Witch is just too mean and wicked. So, drawing a rickety old house upon a barren glass hill, they exile Old Witch there with a warning: She better be good, or else no Halloween! But to give Old Witch some company, they draw her a Little Witch Girl and a Weeny Witch Baby . . . Old Witch tries to be good, but anyone would get up to

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no good in a place as lonely as the glass hill. And Amy and Clarissa are about to find that out, when Old Witch magics them into her world of make-believe-made-real, in “a very special book that is certain to give boundless pleasure—at any time of the year” (*The Horn Book*). “A classic for Halloween.” —*Library Journal*

There is a fine art to presenting complex ideas with simplicity and insight, in a manner that both guides and inspires. In *Taking the Path of Zen* Robert Aitken presents the practice, lifestyle, rationale, and ideology of Zen Buddhism with remarkable clarity. The foundation of Zen is the practice of zazen, or meditation, and Aitken Roshi insists that everything flows from the center. He discusses correct breathing, posture, routine, teacher-student relations, and koan study, as well as common problems and milestones encountered in the process. Throughout the book the author returns to zazen, offering further advice and more advanced techniques. The orientation extends to various religious attitudes and includes detailed discussions of the Three Treasures and the Ten Precepts of Zen Buddhism. *Taking the Path of Zen* will serve as orientation and guide for anyone who is drawn to the ways of Zen, from the simply curious to the serious Zen student.

“Writing a ‘nuts and bolts’ guide that is genuinely wise, charmingly conversational, and a pleasure to read requires a particular talent, and Jean Smith has proved once again that she has it.”—*Sylvia Boorstein*, author of *Don’t Just Do Something, Sit There* The third of Jean Smith’s *Beginner’s Guides* focuses on the Buddha’s Eightfold Path—the concepts central to practicing the

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Buddha's teachings in daily life. The eight steps on the path are: right understanding, thought, speech, action, livelihood, effort, mindfulness, and concentration. Smith explains exactly what the Buddha had in mind, using translations of his own words and then elucidating them for us. Throughout the book are wonderful quotes from a broad range of Buddhist teachers, giving a taste of the very best each of them has to offer. *The Beginner's Guide to Walking the Buddha's Eightfold Path* is a prescription for happiness, not just for overcoming suffering, which is how many people think of Buddhism. Here is a book for Buddhists of every tradition. After the bliss and emptiness we might be lucky enough to experience along our spiritual path, what's left are the karmic knots of conditioning that still need to be undone if we are going to be of any genuine help to anybody. Untying them is the work of spiritual warriors: that is, all of us. The seven factors of enlightenment are a means to loosen these knots, all the while keeping us upright in our efforts. The seven factors include mindfulness, investigation of phenomena, energetic effort, ease, joy, concentration, and equanimity. In *Close to the Ground*, longtime Buddhist teacher Geri Larkin tells stories from her own life to illuminate some of the gifts that these factors bring. Because she refuses to be anything special, Larkin's stories are all of our stories—her humor, all of our humor, her heartbreaks, all of our heartbreaks. In reading this book, you may discover that you have many more tools that can

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help with this work of life and death than you thought.

A contemporary and provocative examination of the life of the Buddha highlighting the influence of women from his journey to awakening through his teaching career--based on overlooked or neglected stories from ancient source material. In this retelling of the ancient legends of the women in the Buddha's intimate circle, lesser-known stories from Sanskrit and Pali sources are for the first time woven into an illuminating, coherent narrative that follows his life from his birth to his parinirvana or death. Interspersed with original insights, fresh interpretations, and bold challenges to the status quo, the stories are both entertaining and thought-provoking—some may even appear controversial. Focusing first on laywomen from the time before the Buddha's enlightenment—his birth mother and stepmother, his co-wives, and members of his harem when he was known as Prince Siddhartha—then moving on to the Buddha's first female disciples, early nuns, and to female patrons, Wendy Garling invites us to open our minds to a new understanding of their roles.

Provides a social history of how the CIA used the psychedelic drug LSD as a tool of espionage during the early 1950s and tested it on U.S. citizens before it spread into popular culture, in particular the counterculture as represented by Timothy Leary,

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Gerl Larkin

Allen Ginsberg, Ken Kesey, and others who helped spawn political and social upheaval.

The Dhammapada is much loved by Buddhist practitioners as a simple and straightforward rendition of some of Buddha's core teachings, and is read daily by thousands of people. While there are many translations available, few have an inclusive – and lyrical – sensibility. In studying various versions of this sacred text, Larkin noted many discrepancies and embarked upon an entirely original translation. Each instalment gets tested at the Still Point Zen Buddhist Temple in Detroit, a remarkable Zen centre in the heart of one of the roughest neighbourhoods in the country. This small gift hardcover will have the appeal of the Thomas Byrom/Ram Dass edition, but will be made even more accessible with each chapter's introduction containing a powerful contemporary anecdote from the Still Point Temple community. This 'Downtown Dhammapada' will appeal not only to Buddhists, but to those who also appreciate beautifully rendered sacred texts as simply good reading.

Wisdom for "Generation Next" on how to make your work meaningful, satisfying, and of benefit to others Does it ever seem that a lot of the people you work with are, well, jerks? This book is about how not to let work turn you into one of them. Apply the simple Buddhist teachings and practices Lodro Rinzler provides here to whatever you do for a living, and

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you'll not only avoid jerk-hood, but you'll be setting out on the path toward making your livelihood an expression of your inherent wisdom, honesty, and compassion. You'll discover practical ways to bring mindfulness into administrative support, cabinet-making, financial management, nursing, truck-driving, or latté-brewing. In the process, you'll discover genuine empathy for the folks you once found so difficult. You'll also learn leadership skills that apply compassion to management in a way that increases happiness along with efficiency. This is career advice of the profoundest kind, geared toward today's twenty- and thirty-something workers and job-seekers whose employment outlook is radically different from that of a generation ago. As Lodro shows, even if the path of work shifts beneath your feet, it's possible to make your livelihood a source of satisfaction and of deep meaning.

Bestselling author and Zen Master Thich Nhat Hanh transforms an ancient folktale into a timeless parable of a young woman who dares to risk her life for her faith. Born to an aristocratic family in rural Vietnam, Kinh Tam's uncommon beauty and intelligence were obvious to all she encountered. From an early age she was drawn to the teachings of Buddha and the rewards of a monastic life, but to please her family she agreed to walk the traditional path of marriage. Throughout her marriage, Kinh Tam's mind was devoted to her husband but her heart never

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waivered from her true calling. She wanted to be a monk. And yet Buddhism was still new to Vietnam and temples accepted only men for ordination. Making a decision that would forever change her life, Kinh Tam left town, disguised herself as a man, and joined a monastery as a novice. Despite the many challenges of living as a man, Kinh Tam thrived and became a beloved member of the community. Years of profound joy and peace passed until a local woman accuses the novice of fathering her unborn child. Kinh Tam is torn between two impossible choices: keep her secret and endure brutal punishment or reveal the truth that would prove her innocence but put an end to her spiritual path. Facing the unbearable with the boundless heart of Buddha, her choice forever changes her life, her country, and her faith. In spare, elegant prose, Thich Nhat Hanh reminds us that we, too, face our own injustices and suffering, and by connecting with love, we can, like Kinh Tam, discover a mind and heart that are peaceful, happy, and free.

A humorous and honest collection of Buddhist wisdom from a Western beginner's perspective. Instead of promising a straight and clear path to enlightenment, author and teacher Geri Larkin shows us that even stumbling along that path can lead to self-discovery and awakening, especially if we prize the journey and not the destination. With candor, affection, and earthy wisdom, Larkin shares

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her experiences as a beginning and continuing Buddhist. This spirituality classic shows any seeker that it's possible to stumble, smile, and stay Zen through it all.

"A guide to approaching creative writing as a sacred art, including writing exercises, prompts, and strategies inspired by diverse spiritual traditions and practices"--Provided by publisher.

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